

The Clarendon News

50¢

"Oldest thriving town in the Panhandle!"

USPS 947040

ISSN 1048-8170

Thursday, September 8, 1994

Vol 5, Number 36

Flu Season Approaching

Experts are predicting only a moderate 1994-95 influenza season, but people most at risk for life-threatening complications from flu should still get vaccinated.

"The elderly and others are most at risk for flu complications should get shots every season," said Dr. W. Paul Glezen, epidemiologist at the Influenza Research Center at Baylor College of Medicine in Houston.

Influenza tends to run in cycles with influenza A and influenza B hitting in alternate years. Based on that pattern, type B should be the predominant strain this season, Glezen said.

"There is the possibility that there will be some influenza A (H1N1)," he said, "but little likelihood of much type A (A3N2), the dominant strain in 1993-94."

In addition to the elderly, the groups at particular risk for life-threatening complications such as pneumonia are: 1) People with immune-system disorders and heart and lung disease, including asthma and chronic bronchitis. 2) People with diabetes, chronic kidney disease and chronic anemia, including sickle-cell disease. 3) Health-care workers and home care-givers likely to have frequent contact with the other groups.

Flu season normally runs from December to March, and Baylor flu experts traditionally recommended vaccination no later than Thanksgiving.

Since the early-start 1991-92 flu season, however, they suggest getting the vaccine when it is available, usually in September.

The vaccine is about 85 percent effective, Glezen said, and it is possible to catch a strain not covered by it. But vaccinated people who catch the flu will have a less severe case.

It is also possible to catch the flu in the two weeks required for the vaccine to take full effect, but it is not possible to catch the flu from the vaccine itself because it is made with killed virus.

Flu strikes suddenly with fever, muscle pain, weakness, sore throat and a dry, hacking cough. Victims need rest and liquids, Glezen said.

While flu can still be a killer in any year, it is highly unlikely the 1994-95 season could equal a 1918 worldwide epidemic that afflicted 500 million people and killed 20 million.

The 1918 pandemic killed more people in less time than any disease in modern history. It ranks with the 14th Century's Black Death as one of the few recorded events to reduce the earth's population by a much as 1 percent.

Correction

In last week's paper, under the picture of the Featured Business of the Week, it stated Busters Exxon and Detail Shop, this was incorrect, it should have stated Butchers Exxon and Detail Shop. We apologize for any inconvenience this may have caused.

NOTICE

Do not put grass clippings, tree limbs, tires, wood, metal, hot water heaters, heating units, old A.C. Compressors in the Blue City Dumpsters. These items must be taken to the City Dump behind Thriftway. You may pick the key up at City Hall. Putting these items in the dumpsters can result in a fine.

The Blue Dumpsters are for household garbage ONLY!

Immunization Clinic Set

The Texas Department of Health is offering an immunization clinic in Clarendon, at



PICTURED ABOVE, Mrs. Gribble's and Mrs. Perryman's First Grade students dress up for circus week.

New Literary Group Meets

A newly organized Clarendon Literary Group for writers will be meeting on the first Thursday of each month at Burton Memorial Library at 7:00 p.m.

All who are interested in any type of writing are encouraged to become members of this group. The next meeting will be on Thursday, October 6, 1994, at 7:00 p.m. in Burton Memorial Library.

Cowboy Reunion Planned

A Cowboy reunion will be held at the Clarendon Community center at the rodeo grounds, September 10, 1994.

There will be a Bar-B-Q at noon, and roping will begin at 3 p.m., followed by a dance beginning at 8 p.m. with music by Mark Brown and his Country Kin. Everyone is invited to attend. Come out and have a great time!

Scholarship Donations Needed

Donations are needed for the Jacob Smith Scholarship at Clarendon High School. Please contact Julie James, Box 158, Clarendon, Texas 79226.

the Medical Center, Hwy 70 North, on September 19. The clinic will be held from 9 a.m. to 12 and 1 p.m. to 4 p.m.

The Immunization Clinic offers vaccines that give protection against several childhood diseases including polio, diphtheria, lock jaw (tetanus), whooping cough (pertussis), measles, rubella, mumps, and Hib (Haemophilus influenzae Type B).

The Texas Department of Health is charging money to help with the cost of keeping the clinic open. The amount of money charged will be based on family income and size, and the ability to pay.

Driver Safety Course Offered

A Driver Safety Course will be held at Clarendon College on Saturday, September 10, 1994. It will meet from 9:00 a.m. to 4:00

p.m. in Room 101 of the administration Building. The fee is \$25.00. Please contact Clarendon College at 1-806-874-3571 for further information. Upon completion of this course, participants will be eligible for a 10% discount on their liability insurance or dismissal of a traffic violation. All dismissals of traffic violations must be approved by the appropriate Justice of Peace. This course is offered by Clarendon College and USA Training Company, Inc.

Apology Given

The Clarendon News would like to apologize to the Bronco football players, for not having pictures in this weeks issue. We had a camera malfunction, the camera would not wind the film. Again we apologize.



PICTURED ABOVE IS an example of what kind of thing cannot be thrown in the BFI Dumpsters.

Cancer Center Announces Plans

On October 8, 1994, the Don and Sybil Harrington Cancer Center, and The Circle of Friends, present the 1994 Susan G. Komen Breast Cancer Foundation "Race For The Cure" and "The Stars At Night" to benefit women's programs at the Harrington Cancer Center, The Susan G. Komen Foundation, and patient Care, education, and research at the Don and Sybil Harrington Cancer Center. The day will begin on Saturday, October 8th at 8:30 a.m. with a 5K walk/run and a 1 mile fun run. Pre-registration runs up to October 2nd. Registration fees are as follows - pre-registration - \$15.00, Race Day registration - \$17.00, Lone Star Running Club Members - \$12.00, Seniors - \$12.00, and children 10 and under are free.

The proceeds from the race will benefit Breast Cancer Research Education, screening and treatment. Seventy-five percent of the net proceeds will be donated to the Harrington Cancer Center to be used for continued and expanded programs in Breast Cancer, research, detection, and education (including its Outreach Programs, in conjunction with High Plains Baptist Hospital, to provide mammograms to the surrounding counties of the Panhandle) and the expansion of the Women's Cancer Program of the Cancer Center. Twenty-five percent of the net revenue from the race will be remitted to the Susan G. Komen Foundation in Dallas for research grants.

The Komen Foundation was established in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died from breast cancer at the age of 36. The mission of the Komen Foundation is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment.

Beginning at 7:00 p.m. the Don & Sybil Harrington Cancer Center "Stars At Night" Gala, Celebrity Auction, and Concert, will take place at the Radisson Inn on I-40 East. This year the entertainment will be supplied by Dash Riprock and The Dragons and Superstar Mowtown Headliners, Martha Reeves & The Vandellas. The event is sponsored by American Airlines and The Travel Store. The Gala will begin at 7:00 p.m. and the Concert will start at 9:00 p.m.

Martha Reeves and The Vandellas have had numerous standing-room-only crowds rush to their concerts to hear their music. At Martha Reeves' concerts you enjoy the "True Pleasure" of legendary music that sounds just as exciting today as it did in the 60's, along with the Vandellas, her backup singers, they have enjoyed 30 wonderful, years of performing.

Martha Reeves' career started as a Blues Singer with the name, Martha Lavaille, and was discovered by William Stevenson at the 20 Grand Nightclub in Detroit.

A demonstration record entitled, "I'll have to let him go," (Martha's first release in September, 1962) caught the attention of Berry Gordy, and after adding the Del-Phis to the track, he changed the name to Martha & The Vandellas. Martha Reeves' 2nd release, "Come & Get These Memories," in February, 1963, is often referred to as the beginning of "The Motown Sound."

In 1964, Martha & The Vandellas had a hit song, "Dancing In The Streets," which was in fact written by Marvin Gaye (featuring the piano). "Quicksand," "Nowhere To Run," "I'm Ready For Love" and "Jimmy Mack" are Top 10 Hits written especially for Martha Reeves by Holland-Dozier-Holland in the 60's.

Opening for Martha is one of Texas' number one party bands, "Dash Riprock And The Dragons." Their fast-stomping, fun-filled cover songs cause all audiences to jump to their feet and dance.

The Concert won't be the only excitement of the night, however. The Gala also includes a dinner, a silent celebrity auction, and an opportunity to win two round-trip tickets to any destination in Europe and deluxe hotel accommodations, courtesy of American Airlines, and The Travel Store.

Just some of the items to be auctioned off include donations from Bill Cosby, Clint Black, Elizabeth Taylor, Nolan Ryan, Reba McIntyre, as well as Hunting Trips.

Tickets can be purchased under three different categories: **Benefactor - \$500** - entitles you to: 2 tickets (party and concert), special seating for 2 at concert, program listing, backstage introduction with performer, tax deduction - \$460.00; **Patron - \$200.00** - entitles you to: 2 tickets (party and concert), special seating for 2 at concert, program listing, tax deduction - \$30.00; **Contributor - \$50** - entitles you to: 1 ticket (party and concert), tax deduction - \$30.00. All funds raised at this event will benefit cancer patient, education, and research programs at the Don & Sybil Harrington Cancer Center, Amarillo, Texas. For more information on the Race for the Cure or "The Stars At Night," contact Charlotte Rhodes at the Don & Sybil Harrington Cancer Center, 806-359-4673.

Free Preview Offered

Local cable subscribers will be able to enjoy the magic of HBO this weekend thanks to the free preview being offered by Mission Cable.

The local cable operator will activate the premium channel for all cable subscribers on September 10th and 11th. HBO, Home Box Office, is an optional cable network that provides box office hits with original series. HBO has won

Featured Business of the Week

by Shelley Tongate

This weeks featured business is Sam Hill's Pit Bar-B-Q, located off Highway 287 West. The business is owned and operated by Don, Zelda, Brad, and Delma Beck. Employees are Lee Gage and David Young.

Brad and Delma have been married four years, and they have one child, Brittany age two. Brad was born in Canyon and moved here to Clarendon with the dream of owning his own Bar-B-Q place. His dream came true when the Beck family bought the business from Wayne and Sammie Doering in '93. Delma was born and raised in Panhandle, and is now going to Clarendon College. She is majoring in Accounting/Business Management. Delma states, "Try us once, you'll be back!"

Besides the friendly atmosphere, and the wonderful service, Sam Hill's offers the best Bar-B-Q in the Panhandle! They offer custom smoking, catering, and fresh homemade pies and cobblers. They are open Tuesday through Thursday 11 a.m.-8 p.m., Friday and Saturday 11 a.m.-9 p.m., and Sunday 11 a.m.-2 p.m.

Brad states, "Come in and eat, and tell us if it's not the best Bar-B-Q you've ever eaten. We'll take complaints!"

more Cable Ace Awards than all cable networks combined.

Blockbuster movies like The Firm, Demolition Man, Free Willy, and Rising Sun will be showcased during the weekend. Award winning original series like Dream On and The Larry Sanders Show also will be part of the preview.

"We hope that our basic-only subscribers will be able to see the great value of HBO. This is the premiere network on television today, bar none. HBO is simply the best and we are pleased to be a partner in this unique preview," said Bruce Berkinshaw, Regional Marketing Manager for Mission Cable.

Mission Cable is a local cable operator serving the surrounding area.

Dobson Cellular Continues Commitment To Community

Sixteen million customers can't be wrong. And with the cel-

lular telephone industry expanding at a rate of more than 45 percent per year, experts expect cellular sales to pull ahead of wireless units in the next few years.

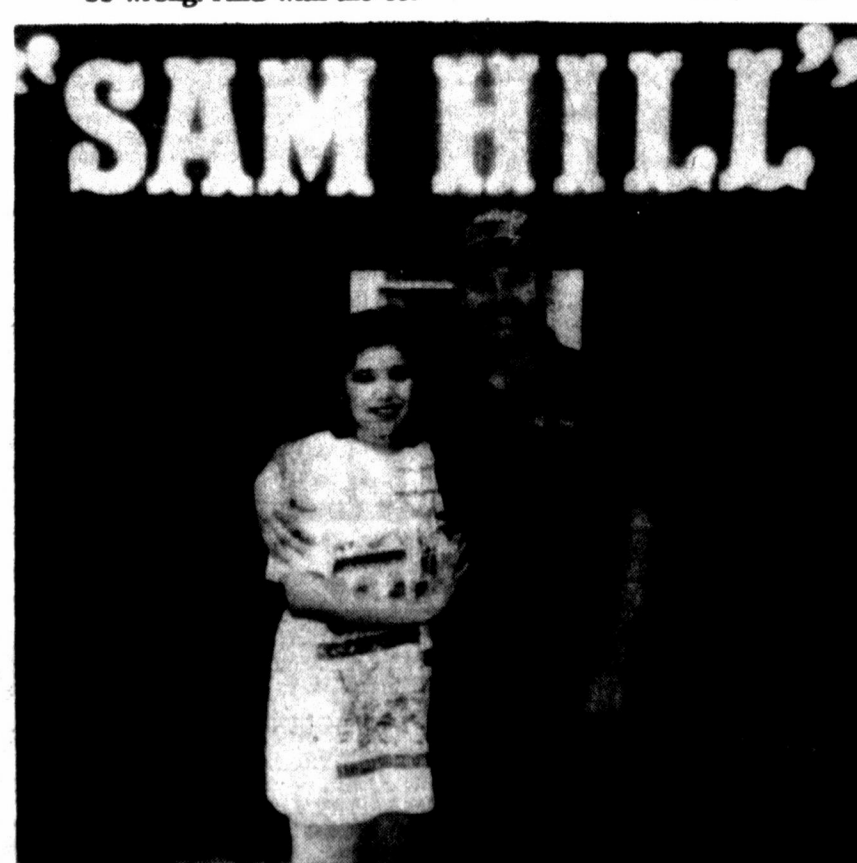
After almost four years in the cellular business, Dobson Cellular Systems is moving to the forefront of this exciting industry.

"Four years ago we made a commitment to provide the best possible cellular service to our rural area customers—and to do it for a fair price," said Everett Dobson, president of Dobson Cellular. "That's not as easy as it seems," he continued. "When you're talking about 40,000 square miles of service area, you're talking about a significant investments in cell sites and switching equipment to provide quality service."

"If we build in a metro area, we could build state-of-the-art, high capacity antenna towers, and we would have a much large customer group to share the equipment costs for the area."

In Widespread and rural areas like we have in Western Oklahoma and the Texas Panhandle, cellular providers have to construct

Cont'd on p. 10



FEATURED BUSINESS OF The Week Sam Hill's Pit Bar-B-Q.

Trish McEvoy
M A K E U P

Trish McEvoy
of New York

Trish McEvoy: "Everything should be subtle...emphasize features rather than makeup. It's all in the application; if makeup is done right, it should last all day".

Come in for a Complimentary makeup lesson. You will learn how to apply makeup in a one-on-one session and will be able to duplicate the same look at home. Remember makeup is now and will always be your most important fashion accessory. Your makeup should reflect your style.

j. Winston
of amarillo

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TIMOTHY SEARS, son of Weldon and Dee Ann Sears makes serious plans concerning the pinata he is going to create. Morgan Shields, daughter of Audie and Melinda Shields, in background, has already started hers.

Go Broncos!

**Help For
Chronic
Fatigue
Syndrome**

When your energy level seems stuck at zero, changes in eating and exercise habits may be all it takes to recharge your battery.

According to researchers at Baylor College of Medicine in Houston, most people experiencing chronic fatigue who are not clinically ill are suffering from unhealthy behaviors. Only about 1 percent of people experiencing overwhelming tiredness actually suffer from Chronic Fatigue Syndrome.

"The culprits are usually poor nutrition and lack of exercise," said Dr. Ken Goodrick, Baylor assistant professor of medicine and a behavioral psychologist. "Caffeine abuse may also cause fatigue rather than overcome it, and alcohol/drug abuse, stress and depression, or irregular sleep patterns can play a role."

Not eating enough, eating too much fat or not drinking enough water can cause a person to feel fatigued, Goodrick said.

To help increase energy, poor nutrition habits should be replaced by a well-balanced diet that provides no more than 30 percent of total calories from fat. A healthy eating plan also includes five or more servings of fruits and vegetables and at least eight glasses of water a day.

Regular, vigorous (but not necessarily strenuous) exercise also increases energy and helps with sleep as well, Goodrick said. Experts from Baylor's DeBakey Heart Center Nutrition Research Clinic recommend 45 minutes of brisk walking three to five times a week as part of a healthy lifestyle routine.

Caffeine consumption should also be addressed. Drinking two or three cups of coffee or caffeinated beverages may be all right if they are consumed at least seven hours before bedtime, Goodrick said. More than that can sap energy and disturb sleep.

"People who use caffeine to combat fatigue are not doing themselves any favors. Caffeine



LEFT TO RIGHT: Myeshia Carter; Sherrell Carter; Latosha Carter; and Michael Carter have just completed shopping for prizes with earned tickets they received during Reading Club sessions.

blocks the "tiredness signals" normally sent to the brain to trigger sleep, so we ultimately become more tired," he said.

Research from sleep laboratories also shows caffeine disturbs quality of sleep, leaving the body tired.

"While chronic fatigue is not a disease, it is a debilitating condition that needs attention. If the fatigue is not a symptom of a condition that needs medical treatment, lifestyle and behavior changes are what the doctor orders," Goodrick said.

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The Clarendon News

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POSTMASTER: send address changes to: The Clarendon News, P.O. Box 1110, Clarendon, Texas 79226-1110.

Classified ads are \$5.00 for the first 15 words or less and 10 cents per word for each additional word. Boxes or special typography are extra. Open display rates are \$3.60 per SAU column inch. Engagement, and anniversary pictures are \$5.00 each. Pictures submitted for publication should be picked up within 10 days after publication.

Deadlines for news and articles are normally Monday at 5:00 p.m. Pictures must be received by Friday at 12:00 noon. The deadline may be altered for holidays.

Any erroneous reflection upon the character of any person or firm appearing in these columns will be gladly and promptly corrected upon being brought to the paper's attention.

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Mexican Pile On

September 9, 1994

5:00 p.m. - 7:00 p.m.

School Cafeteria

K-6th \$2.50 7th-Adult \$3.50

Tickets purchased at the door will be 50 cents more.
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MICKEY WILLIAMSON
LAW VEGAS, NEW MEXICO
JANIE PESINA
LAW VEGAS, NEW MEXICO

Obituaries

Mollie Mary Dickson

Funeral services for Mrs. Mollie Mary Dickson, age 100, were held at 2:30 p.m. on Wednesday, August 31, 1994 in the First United Methodist Church in Hedley with Rev. Wanda Hill, Pastor and Rev. Johnny Hoggatt, Baptist Minister from Hedley, officiating. Interment was in Rowe Cemetery in Hedley with arrangements under the direction of Robertson Funeral Directors, Inc.

Mrs. Dickson died at 2:38 p.m. on Monday, August 29, 1994 in St. Anthony's Hospice in Amarillo following a lengthy illness. She was born October 20, 1893 in Mexia, Limestone County, Texas and had lived in Hedley most of her life. She married John G. Dickson on December 26, 1911 in Jacksboro, Texas and he preceded her in death in 1968. She was also preceded in death by a daughter, Pearl Fay Dickson on March 27, 1934 and a grandson, Richard Dickson in 1989. She was the co-owner and operator of the Hedley Owl Cafe for 27 years and was employed as a Cafeteria Cook by the Hedley Independent School, as well as Skaggs Drug, Mobley Cleaners, Green Thumb, and had assisted Dr. Webb in the delivery of many of the children in Hedley and surrounding communities. She was a charter member of the First United Methodist Church in Hedley and was a homemaker.

Survivors include 4 daughters, Jewell Quisenberry of Hedley, Mae Thoraberry of Amarillo, Opal Thomas of Amarillo, Golden Johnson of Amarillo; one son, J.M. Dickson of Panhandle; 6 grandchildren, Dr. Jack Quisenberry of Childress, Peggy Struble of Tocoa, Georgia, Dixie Gartrell of League City, Texas, Tony Mikesell of St. Louis, Missouri, Johnny Dickson of Hedley, Linda Phelan of Stinnett; 14 great grandchildren, David Quisenberry of Plano, Karen Williams of Austin, Bryan Struble of Atlanta, Georgia, Kenneth Struble of Atlanta, Georgia, Dianne Smoltz of Atlanta, Georgia, Michael Mikesell of Missouri, Ethon Mikesell of Missouri, Donna Dickson of Amarillo, Leah Tippin of Tyler, Tamara Dickson of Big Sandy, Chuck Nagel of Friendswood, Stasi Stewart of Charlotte, North Carolina, Cory Cooper of Borger, Kendra Cooper of Borger, Carl Cooper of Borger, Brent Dickson of Talahassee, Florida; 6 great great grandchildren; Katie Leigh Quisenberry, Leslie Quisenberry, Andrew Smoltz, Rachael Smoltz, Bobbie Struble, Lee Ann Nagle; and a large number of nieces, nephews, and a host of friends.

Casket bearers were David Quisenberry, Jack Quisenberry, Johnny Dickson, Chuck Nagel, Brent Dickson, Cory Cooper, Carl Cooper, Doyle Phelan, and Fred Cooper.

Honorary bearers were Don Blanks, Bill Carson, Tom Shults, J.D. Skaggs, Creed Smith, Travis Bland, Pete Barbee, and M.O. Weatherly.

The family requests that memorials be to Rowe Cemetery, Hedley Senior Citizens Association, First United Methodist Church in Hedley, St. Anthony's Hospice in Amarillo, or Medical Center Nursing Home in Clarendon.

Martin Alonzo Allgren

Graveside services for Martin Alonzo Allgren, age 85, were held at 10:00 a.m. on Saturday, September 3, 1994 at Citizens Cemetery with Mike Suiter, Pastor of the Clarendon Church of Christ, officiating. Interment was in Citizens Cemetery with arrangements under the direction of Robertson Funeral Directors, Inc.

Mr. Allgren died at 10:40 a.m. on Thursday, September 1, 1994 at Hall County Hospital in Memphis following a brief illness. He was born December 14, 1908 in Kenton, Oklahoma and had lived in Clarendon since 1920. He had worked most of his life as a truck driver and a school bus driver before his retirement. He was a Methodist.

There are no known survivors.

Billy Carl Hill

Funeral services for Billy Carl Hill, age 64, were held at 2:00 p.m. Monday, September 5, 1994 in the First Baptist Church in Hedley with Rev. Bryan Knowles, Pastor of the Martin Baptist Church and Rev. Bruce Howard, Pastor, officiating. Interment was in Goodnight Cemetery by Robertson Funeral Directors, Inc.

Mr. Hill died at 11:50 p.m. on Friday, September 2, 1994 at his residence near Clarendon following a lengthy illness. He was born January 22, 1930 near Hedley and had been a resident of Donley County most of his life. He married Patsy Jean Moss on June 14, 1952 at Memphis, Texas. He had worked as a farmer most of his life and had also been employed in the oil field, the cotton gin, and by Donley County at various times. He was a US Army veteran of the Korean Conflict.

Survivors include his wife, Patsy Hill of Clarendon; one daughter and son-in-law, Teresa and Keith Topper of Plainview; one son and daughter-in-law, Tony and Marianne Hill of Amarillo; three sisters, Bertha Russell of Sunset, Thelma Mahler of Ciril, Oklahoma, Ovella Weatherbee of

Graham; three brothers, W. E. "Tobe" Hill of Hedley, F.L. "Tige" Hill of Hedley, John Hill Jr. of Hedley; and one grandson, Tyler Topper of Plainview.

Casket bearers were Kenneth Swinney, Earl Shields, Lacy Noble, Roy Lee Helms, Stanley Bailey, T. Mullins, and C.L. Wieberg.

Honorary bearers were J.B. McDaniels and Nephews of Mr. Hill.

The family requests that memorials be to Hospice Of The Panhandle in Pampa.

Mrs. Jonnie Ruth Hill

Funeral services for Mrs. Jonnie Ruth Hill, age 78, were held at 2:00 p.m. on Tuesday, September 6, 1994 in the First Baptist Church in Hedley with Rev. Bryan Knowles, Pastor of the Martin Baptist Church and Rev. Bruce Howard, Pastor, officiating. Interment was in Rowe Cemetery with arrangements under the direction of Robertson Funeral Directors, Inc.

Mrs. Hill died at 10:05 a.m. on Sunday, September 4, 1994 at Hall County Hospital in Memphis after a sudden illness. She was born February 2, 1916 at Wellington, Texas and had been a resident of Hedley most of her life. She married Flavis Lester "Tige" Hill on January 2, 1936 at Memphis. She was a member of Hedley Order Of The Eastern Star Chapter #413 and the First Baptist Church in Hedley. She was a homemaker.

Survivors include her husband, F.L. "Tige" Hill of Hedley; one sister Margie Bailey of Hedley; two brothers, Jiggs Land of Lelia Lake, Zebbie Land of Memphis; and several nieces and nephews.

Casket bearers were Terry Bailey, Todd Bailey, Stanley Bailey, B.J. Land, Bob Wiles, and Gary Graham.

Marriages

Elias Phil Jaramillo to Crystal Marie Herring
Jeffery Britton Nickell to Teresa Sue Phillips

Arrest Report

8-31-94 Max William Edwards, 47, Wichita Falls, DPS Warrent

9-01-94 Nugget Bland, 24, Groom, Probation Violation.

All persons listed in the arrest report is innocent until proven guilty.

Senior Citizens Menu

September 8-14
Thursday: Roast Beef w/Natural Gravy, Mini Baked Potato, Broccoli Au Gratin, Peaches, Pink Lemonade Pie, Wheat Roll, Coffee, Tea, Whole Milk

Friday: King Ranch Chicken, Green Beans, Corn, Tossed Salad, Tropical Fruit, Garlic Bread, Coffee, Tea, Whole Milk

Monday: Chicken Fried Steak, Au Gratin Potatoes, Fried Okra, Pickled Beets, Watermelon, Biscuit, Coffee, Tea, Whole Milk

Tuesday: Pork Roast w/Natural Gravy, Candied Yams, Green Peas, Rosy Applesauce, Sweet Potato Pie, Wheat Roll, Coffee, Tea, Whole Milk

Wednesday: Mexican Pile On, Rice, Pinto Bean, Tossed Salad, Ambrosia, Tortilla Chips, Coffee, Tea, Whole Milk

Weather

Day	Hi	Lo	Prec.
Mon 29	103	69	
Tue 30	100	64	
Wed 31	101	65.08	
Thur 1	80	61.04	
Fri 2	75	60	
Sat 3	86	61	
Sun 4	93	66	
Total For Month		.18	
Total For Year		13.21	

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874-3391

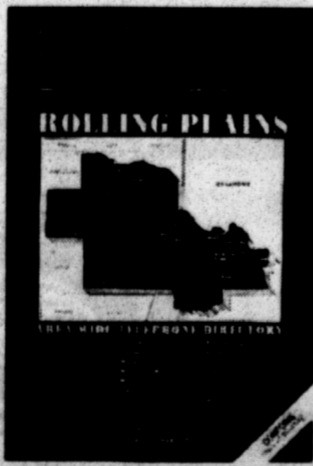
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Social Security News

by Jim Talbot, Social Security Manager in Amarillo

Social Security celebrated its 59th birthday August 14. While many people take the program for granted and others question whether it's going to be around in the future, here are some facts that are worth thinking about on this occasion. These are just a few examples of the stories that don't make headlines—the business as usual items for the Social Security Administration and the millions of customers we serve.

* Currently, the Social Security Administration (SSA) serves 42 million Social Security beneficiaries, 5 million individuals who receive Supplemental Security Income (SSI) benefits, and 135 million workers who are paying into the system.

* Out of each dollar you pay in Social Security taxes, only about one penny goes to pay for the administration expenses necessary to run the largest social insurance system in the world.

* Every month, 99.8 percent of SSA's beneficiaries receive their checks in the right amount, at the right address, and on time. And, this service has been ongoing for more than a half-century through an era that has been ongoing for more than a half-century recession, at peace, and in prosperous times.

* The largest single SSA workload is processing requests for new and replacement Social Security cards. Every working day, about 70,000 applications are taken and for 94 percent of them a response is in the mail to the customer in less than 5 days—with a 99.7 percent accuracy rate.

* The primary purpose of the Social Security number is to help track the earnings of workers who pay Social Security taxes. Social Security benefits are based on earnings reports submitted by employers and credited to the worker's Social Security number. Every year, more than 220 million earnings reports are received from thousands of employers across the country: 99.6 percent of those earnings are accurately posted to SSA's records.

* Every year, more than 3 million new claims for monthly benefits are filed by retirees and their dependents and by widows, widowers, and children of workers who have died. These claims are processed and the first check is ready to mail in about 14 days—with a 99.8 percent accuracy rate.

* Each year, 230,000 claims for Supplemental Security Income (SSI) benefits are received from people aged 65 or older. Their first payment is ready in about 17 days, with a 96-percent record of accuracy.

* Every year, SSA receives more than 60 million reports of changes of address, marriage, divorce, death, and other events that affect a person's eligibility for Social Security benefits. Social Security representatives with "online" access to beneficiary files record the new information and update the files instantaneously.

Hopefully, these facts will help you feel better the next time you see a headline criticizing some aspect of Social Security. They should help you recognize that such criticism is not the whole story.

Everyone Needs A Little Help, Sometimes

Everyone needs a little help once in a while. The help could be from a friend or co-worker, from a bank or credit union. And sometimes the help could even come from Supplemental Security Income (SSI).

Cont. on pg. 9

Clarendon School
September 12-16
Breakfast
Monday: No School
Tuesday: Cereal,
Toast, Juice, Milk
Wednesday: Pancakes,
Juice, Milk
Thursday: Pancakes,
Juice, Milk
Friday: Cinnamon
Rolls, Juice, Milk
Lunch
Monday: No School
(TEA Waiver)
Tuesday: Corndogs,
French Fries, Salad, Fruit,
Cookie, Milk
Wednesday: Taco
Boats w/Meat, Cheese,
Beans, Peanut Butter &
Graham Crackers, Salad,
Fruit, Milk
Thursday: Lasagna,
Hot Rolls, Corn, Salad,
Brownie, Milk
Friday: Hot Dogs
w/Chili & Cheese, French
Fries, Salad, Fruit Cobbler,
Milk

Broncos Lose Opener

Clarendon0
Claude20

The Clarendon Broncos traveled to Claude, Friday, September 2, 1994, to play the Claude Mustangs. The Broncos played hard but lost the game by a score of 20 - 0. The Broncos held the Mustangs in the first quarter, but Claude scored in the 2nd quarter to lead at halftime 7-0.

In the third quarter, Claude scored on a 35-yard pass from Baker to Justice to make the lead 14-0. Again the Mustangs scored in the 4th quarter to make the final score 20-0.

The Clarendon Broncos offense had 93 yards in which Lorenzo Moore had 84 yards with 18 carries.

The Broncos will play Boys Ranch at Bronco Stadium, Friday, September 9th, beginning at 8:00 p.m. This is homecoming for the Broncos, so everyone come out and enjoy the festivities and support the Broncos.

Homecoming PSA

Friday, September 9th is CHS Homecoming. After leaving "The Danger Zone" remember; Be Safe: Don't Drink And Drive.
-CHS Student Council-

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Main Street Clarendon, Texas

We're ready for the '94 - '95 school year at SAYE'S. We want to welcome all new C.I.S.D. and Clarendon College students and faculty!

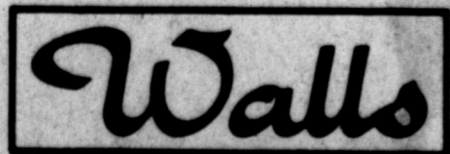
We're glad you're here!

SAYE'S wants to invite you to visit our store - here's a sample of our merchandise.

We have lots of new Western Shirts by Wrangler and Roper for men and boys.

For girls and ladies at all sizes, we have Banjo, Roper & Rocky blouses, and Jeans by Roper, Rocky & Silverlake. We carry Oshkosh clothes in infant to size 7.

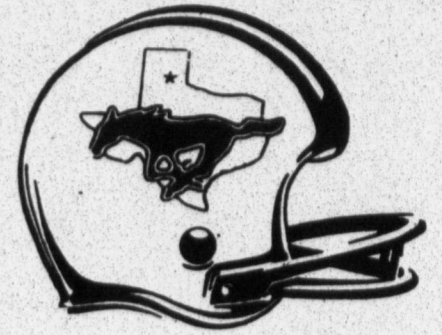
We are well stocked with Carhartt and Walls outerwear for adults and kids. Plus, we have caps, gloves, jewelry, wild rags and more!



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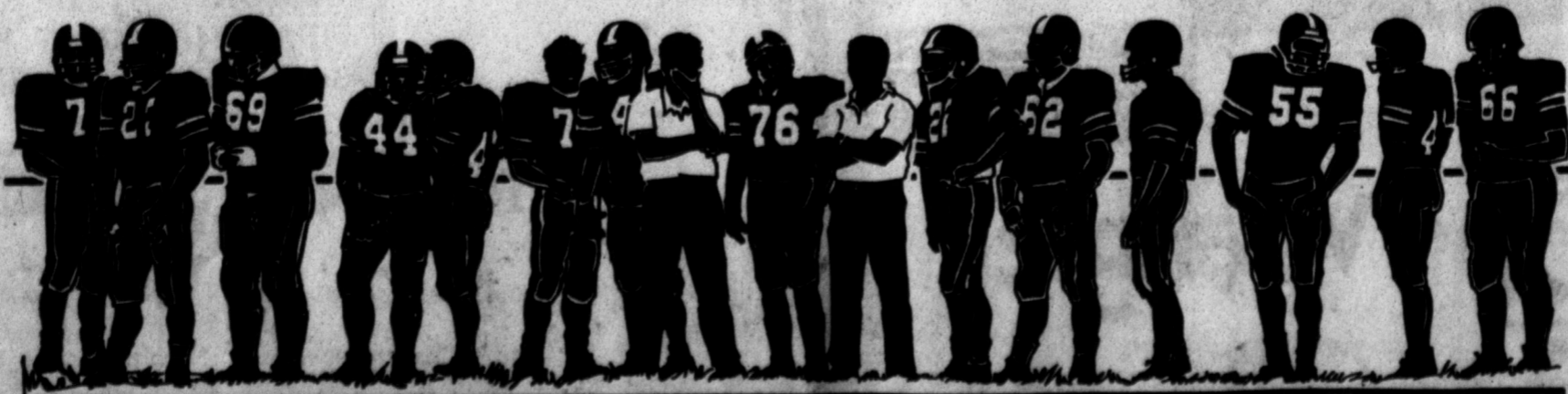


Jim, Tessie, Felicia & Zack Robinson
 Buddy, Julie, Stacey & Wade James
 Johnny, Terri, Stephanie, Mandy & Nathan Floyd
 David & Buffie Smith
 Claude & Onita Thomas

Ronnie, Melinda, Todd & Elizabeth McAnear
 Rick, Cassie & Desirae Row & Coby Braddock
 Norman & Maggie Stewart
 Jonathan & Crystal Stewart
 Mike, Neva, Darren & Hunter Spier
 Edwin, Jan, Chad & Melisse Campbell
 Bob, Lynne & Meg Williams
 Gary, Renee, Carrie, Heather & Landon Shields
 Dan, Teresa, Jill, Tiffaney, Trevela
 Faye & Geneva Naylor
 Bobbie Floyd
 Sondra, Joel, Kim, Leigh Ann & Dalton Layton
 Gary, Beth & Josh English

1994 Bronco Football Schedule

Sept. 02	Claude	There	8:00
Sept. 09	Boys Ranch (H.C.)	Here	8:00
Sept. 16	Spearman	Here	8:00
Sept. 23	White Deer	Here	8:00
Sept. 30	Sunray	There	8:00
Oct. 07	Memphis	There	7:30
Oct. 14	Canadian	There	7:30
Oct. 21	Panhandle	Here	7:30
Oct. 28	Wellington	There	7:30
Nov. 04	Highland Park	Here	7:30



Steel Cans Add Up To Recycling Success

(NAPS)—In the 30 seconds it takes to scan this page, steelmakers in America will recycle nearly 121 thousand pounds of steel.

A simple and efficient recycling process is in place for turning used steel products into new ones. Steel is magnetic and easily separated from other solid waste through an extensive steel recycling infrastructure that has operated successfully for more than a century. All steel products are completely recyclable and can be recycled again and again into any type of steel product *without loss of material quality.*

Historically, steel recycling has included automobiles, appliances, structural components and many other steel products. Recently, consumers have begun contributing to the success of steel recycling by including steel cans (used for food, beverages, aerosols, paint and other products) in all types of recycling programs.

More than 100 million steel cans are used each day by Americans, who rely on them for shelf stability, product protection and convenience. And almost 48 percent of these cans were recycled in 1993, a marked increase from the 15 percent steel can recycling rate in 1988.

This rate increase can be attributed to the commitment of the steel industry to the recycling effort. The American Iron and Steel Institute (AISI) created the

Steel Recycling Institute (SRI) in 1988 to increase consumer awareness of and participation in steel can recycling.

SRI's regional public information campaigns are in place to educate consumers about the benefits of steel can recycling. Working closely with environmental and business organizations and local and regional governments, SRI has helped to build momentum for consumer steel can recycling. By striving toward a 1995 year-end steel can recycling goal of 66 percent, the steel industry hopes to match the current rate for all steel products.

Increased steel recycling contributes significantly to conservation of energy and natural resources. "The amount of energy saved last year by the steel industry through recycling could meet the electrical power needs of Los Angeles for seven years," said Robert Fatzinger, director of product applications, American Iron and Steel Institute. "And each steel can contains an average of 25 to 30 percent recycled material."

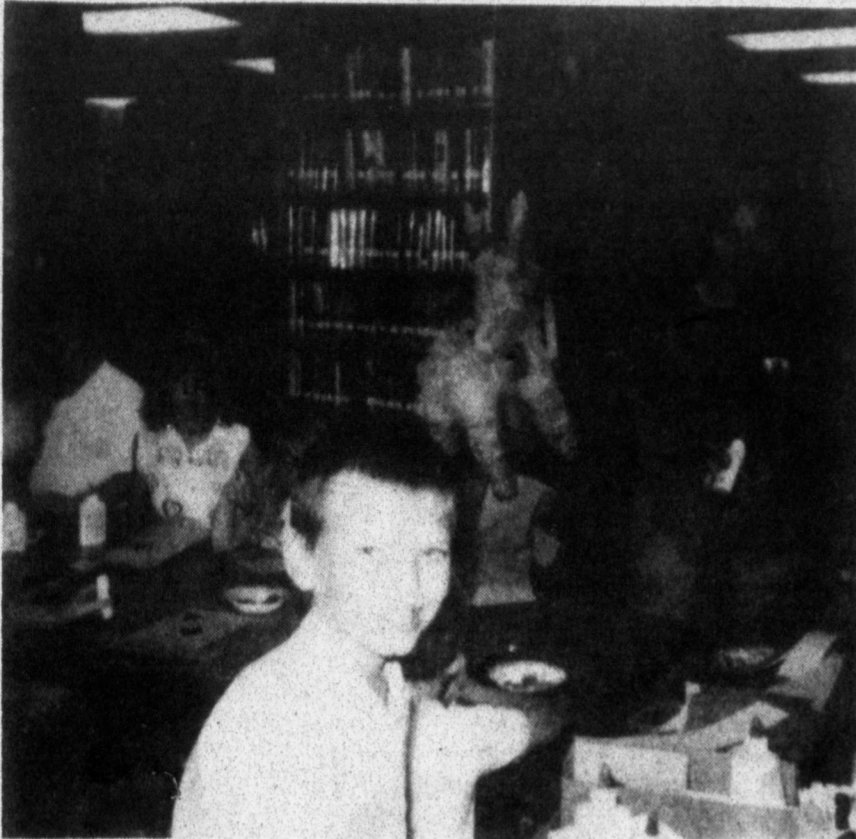
Call the SRI Recycleline at 1-800-YES-1-CAN (1-800-937-1226) to learn more about recycling steel cans in your area. Today, more than 150 million Americans are conveniently recycling their steel cans through curbside pickup or at sites located within two miles of their homes. Steel cans are currently accepted in more than 11 thousand recycling programs.

AISI is a nonprofit association of North American companies engaged in steel production. AISI's Steel Packaging Council member companies include: Bethlehem Steel Corporation; Dofasco Inc.; LTV Steel Company; National Steel Corporation; Stelco Inc.; Weirton Steel Corporation; and U.S. Steel Group, a division of USX Corporation.

SRI, an industry association dedicated to promoting and sustaining steel recycling, is the primary information and technical resource for recyclers, municipalities, legislators, educators, businesses and

other entities interested in steel recycling. Through its seven regional offices, SRI works directly with city and county recycling coordina-

tors and solid waste managers, recycling operators, intermediate processors and end-market buyers.



JUSTIN JOHNSON, son of Roger and Penny Murphy, seems pleased with his pinata creation.

Junior High Party Planned

An After-the-Game-Party is planned for all Clarendon Junior High students after homecoming on September 9th from 10:00 to 12:00 p.m. at JAMZ. There will be music, games, food and fun. Admission is \$1.00 for all students. An additional \$3.50 paid to JAMZ buys pizza buffet and one drink (refill extra). All games will be open courtesy of Jeff and Debbie Howard at JAMZ. Come join the fun after the game. The party is sponsored by Clarendon PTA. All parents are invited to come. If you have any questions, you may contact Bobbie Thornberry 874-2367 or Nita Ellis 874-3788.

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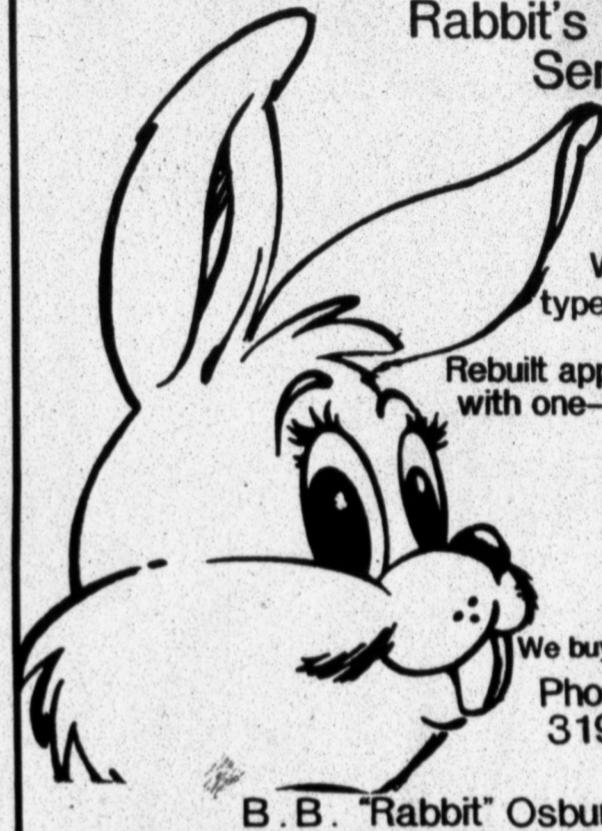
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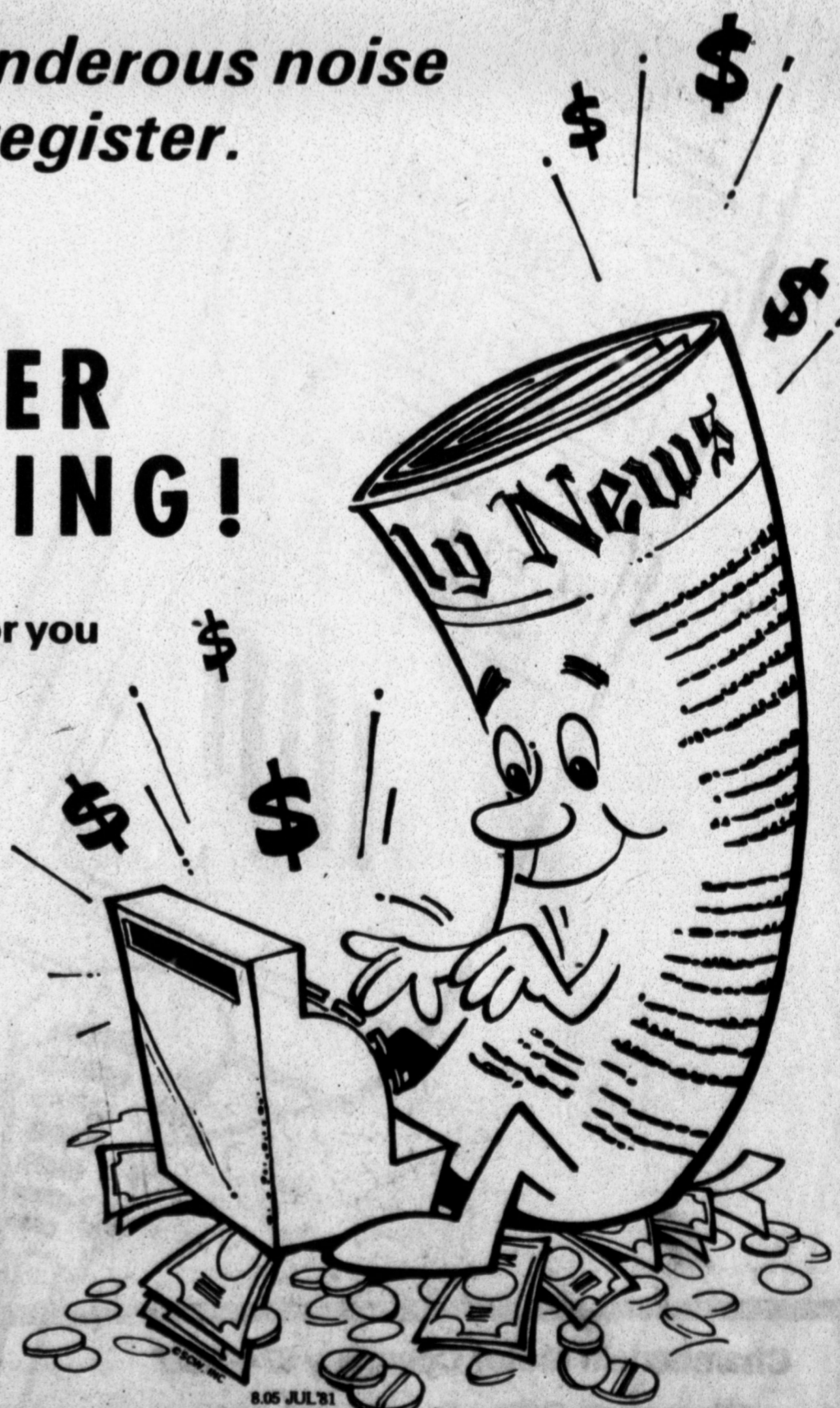
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8.05 JUL 81

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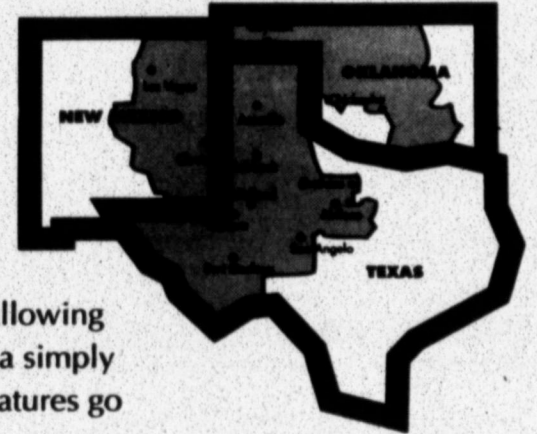
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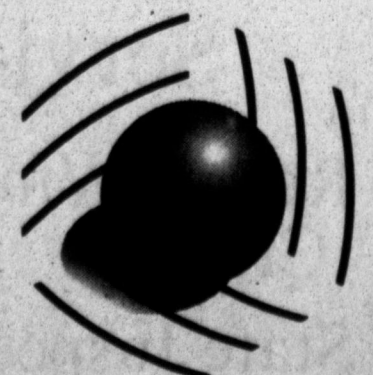
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Dr. Dobson Answers Your Questions

QUESTION: I am 14 and have crummy-looking pimples all over my face. What causes them, and what can I do to clear up my skin?

DR. DOBSON: Practically every part of your body is affected in one way or another by the period of change you are experiencing. Even your skin undergoes major changes, whether you are a boy or a girl.

A study of 2,000 teenagers asked the question, "What do you most dislike about yourself?" Skin problems outranked every other reply by a wide margin.

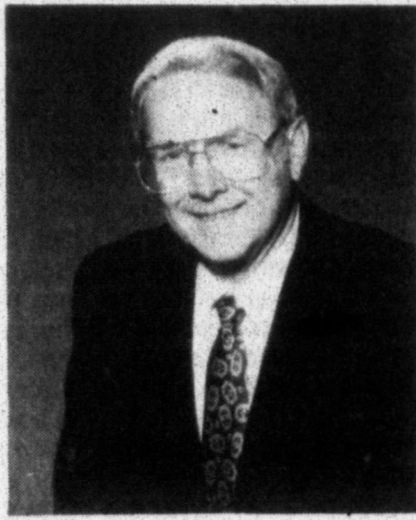
Skin eruptions occur primarily as a result of an oily substance that is secreted during adolescence. The pores of the skin tend to fill up with this oil and become blocked. Since the oil can't escape, it hardens and causes pimples or blackheads.

When you get numerous pimples or blackheads regularly, the condition is called acne. If this happens, it will be important for you to keep your skin clean, minimizing the oil and dirt on your face.

If the problem is severe, as you obviously feel it is, you should ask your parents to take you to a dermatologist, who is a doctor specializing in skin problems. Acne can now be treated effectively in most cases.

QUESTION: My wife and I are extremely busy during this period of our lives. My job takes me on the road several days a week, and my wife has become very successful as a real estate agent.

Quite honestly, we are not able to spend much time with our three children, but we give them our undivided attention when we are together. My wife and I wish we had more family time, but we take comfort in knowing that it's not the quantity of time between parent



and child that really matters; it's the quality of time that makes the difference.

Would you agree with that statement?

DR. DOBSON: There is a grain of truth in most popular notions, and this one is no exception.

We all can agree that there is no benefit in being with our children seven days a week if we are angry, oppressive, un-nurturing and capricious with them. But from that point forward, the quantity versus quality issue runs aground. Simply stated, that dichotomy will not be tolerated in any other area of our lives; why do we apply it to our children?

Let me illustrate: Let's suppose you are very hungry, having eaten nothing all day. You select the best restaurant in your city and ask the waiter for the finest steak on his menu. He replies that the filet mignon is the house favorite, and you order it charcoal-broiled, medium rare.

The waiter returns 20 minutes later with the fare and sets it before you. There in the center of a large plate is a lonely piece of meat, one inch square, flanked by a single bit of potato.

You complain vigorously to

the waiter, "This is what you call a steak dinner?"

He then replies, "Sir, how can you criticize us before you taste that meat? I have brought you one square inch of the finest steak money can buy. I doubt if you could get a better piece of meat anywhere in the country. I'll admit that serving is small, but after all, sir, everyone knows that it isn't the quantity that matters; it's the quality that counts in steak dinners."

"Nonsense," you reply, and I certainly agree.

My concern is that the quantity vs. quality cliché has become, perhaps, a rationalization for giving our kids neither! This phrase has been bandied about by over-committed and harassed parents who feel guilty about the lack of time they spend with their children.

The boys and girls are parked at child-care centers during the day and with baby-sitters at night, leaving little time for traditional parenting activities.

And to handle the discomfort of neglecting their children, Mom and Dad cling to a catch phrase that makes it seem so healthy and proper: "Well, you know, it's not the quantity of time that matters, it's the quality of your togetherness that counts."

I maintain that this convenient generalization won't hold water.

These questions and answers are excerpted from the book Dr. Dobson Answers Your Questions. Dr. James Dobson is a psychologist, author and president of Focus on the Family, a nonprofit organization dedicated to the preservation of the home. Correspondence to Dr. Dobson should be addressed to: Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903.(c), 1982, Tyndale House Publishers, Inc.

S. Security - from 'pg. 5

In the real world, for example, individuals who are not earning much money may find themselves responsible for an elderly parent, a disabled child, or another relative who is blind or disabled and are no longer able to care for themselves. If you are confronted by any of these circumstances, or similar ones, you should explore the availability of SSI benefits.

SSI pays monthly checks to individuals who are 65 or older, or blind, or have a disability and don't own much or have a lot of income. Monthly checks can also go to disabled and blind children. If a person qualifies for SSI, he or she may also be able to get Medicaid, food stamps, or other social services.

To qualify for SSI, you, your family members, or individuals you care for, don't need to be destitute. You may work, own a car or home, or attend college. Generally, if the applicant lives in the household of another, the basic SSI benefit is reduced as much as one-third.

If you're working and think that your earnings may be too much to allow you to qualify for SSI, you should be aware that under SSI, not all income is counted in determining whether you're eligible for benefits.

For example, we don't count:

- * the first \$20 of most income received in a month;
- * the first \$65 a month you earn from working and half the amount over \$65;
- * food stamps
- * most food, clothing, or shelter you get from private nonprofit organizations;
- * or most home energy assistance.

If you are a student, some of your wages or scholarships you receive may not count.

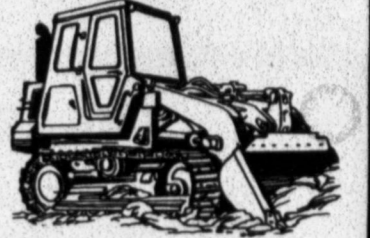
There are many rules that determine your eligibility for SSI. You should realize that you are not the best judge of your eligibility. If you are doing the best you can and still need help, call us at 1-800-772-1213. We may be able to provide the assistance you need. Remember, everyone needs a little help once in a while.



September 9

Deadlines

The deadline for display ads, classified ads, and copy is at 5:00 p.m. on Mondays. No Ads Or Copy Will Be Taken Over The Phone. The deadline for photos is Friday at 12:00 noon. No Pictures Will Be Accepted On Mondays.



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Vernie Ford Redi - Mix

874-2751

Date	Opponent	Location	Time
Sept. 08	Canadian	There	4:30/6:00
Sept. 15	Panhandle	Here	4:30/6:00
Sept. 22	Wellington	There	4:30/6:00
Sept. 29	Highland Park	Here	4:30/6:00
Oct. 06	Memphis	Here	4:30/6:00
Oct. 13	Canadian	Here	4:30/6:00
Oct. 20	Panhandle	There	4:30/6:00
Oct. 27	Wellington	Here	4:30/6:00
Nov. 03	Highland Park	There	4:30/6:00

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Hedley Senior Citizens Menu
September 8-14
Thursday: Steak & Gravy, Baked Potatoes, Green Beans, Toss Salad, Apricot Cobbler, Roll, Milk, Tea, Coffee

Friday: Catfish Fillet, Steamed Squash, Mix Greens, Coleslaw, Baked Apple, Corn Muffin, Milk, Tea, Coffee

Monday: Baked Ham, Buttered Carrots, Harvard Beets, Waldorf Salad, Spice Cake, Milk, Tea, Coffee

Tuesday: Mexican Casserole, Spanish Rice, Toss Salad, Pear Halves, Crackers, Milk, Tea, Coffee

Wednesday: Steak & Gravy, Au Gratin Potatoes, English Peas, Apple Rings, Pumpkin Pie, Roll, Milk, Tea, Coffee

Calendar of Events
Thursday: Games 1-3 p.m., Dance Practice 7 p.m.; Friday: Games 1-3 p.m., Games 7 p.m.; Monday: Games 1-3 p.m., Musical 7 p.m.; Tuesday: Hearing Aid Testing 1 p.m., Board Meeting 1 p.m., Games 1-3 p.m., Games 7 p.m.; Wednesday: Games 1-3 p.m.

Legal Matters

By Texas Attorney General Dan Morales

STOPPING ELDER ABUSE

Elder abuse is a serious problem that affects millions of older persons living with their children, spouses, or in nursing homes. While many cases of neglect and abuse are successfully prosecuted, many more go unreported.

What you can do

Individual Texans have a significant role to play. If you suspect abuse or neglect of an elderly person, you are required by law to report your suspicions to the appropriate authorities. Call the Texas Department of Human Services (800-458-9858), the Texas Department of Protective and Regulatory Services (800-252-5400) or the Attorney General's Medicaid Fraud Control Unit Hotline (800-252-8011).

The Texas Department of Human Services investigates all allegations. This agency makes the determination whether the circumstances described in a report are likely to constitute actual abuse or neglect.

How to Recognize Abuse

You might be suspicious if you see a recurrent pattern involving some or all of the following symptoms:

- * Frequent injuries such as bruises, cuts, black eyes, or burns.
- * Frequent complaints of pain without obvious injury.
- * Burns or bruises in an unusual pattern that may indicate the use of instruments, cigarettes, or similar items.
- * Passive, withdrawn, and emotionless behavior.
- * Frequent injuries requiring hospitalization.
- * Injuries which regularly appear after weekends, vacations, and holidays.

It is also a good idea to talk to the elderly person to see if there is a simple or innocent explanation for suspicious-looking signs. If circumstances still seem to indicate maltreatment, a report should be made. You shouldn't try to investigate or confront the apparent abuser yourself.

Other forms of abuse

Physical abuse isn't the whole story. You also might suspect neglect when you see seniors who seem to be well-provided for, but are obviously malnourished or filthy, habitually wear torn or dirty clothes, or suffer from fatigue and listlessness. Other things to watch for include unsanitary living conditions or lack of medical care, heat, running water, and electricity.

Financial abuse involves elderly people who, because of sight or other disabilities, have had to entrust their checkbook, credit cards or other financial matters to someone else. Possible signs of this may be numerous unpaid bills, missing personal household items, or someone who lives with an older person and refuses to leave. In these cases the senior may be unaware of his or her monthly income.

Remember that elder abuse in any form is a crime, and by state law, must be reported.

In our continuing fight to stop elder abuse and other crimes committed against the elderly, our office is sponsoring the second annual Senior Service Conference on Fraud Against Older Texans, September 12-13, 1994, at the Wyndham Hotel in Austin. The conference will bring together law enforcement, senior citizens, and social service providers to educate them about crime prevention issues. Topics covered at the conference will include elder abuse in nursing homes, health care fraud, and telemarketing scams.

How You Can Help

For a free copy of our brochure on elder abuse and information on the Senior Service Conference on Fraud Against Older Texans, write to: The Office of the Attorney General, Research and Legal Support Division, P.O. Box 12548, Austin, Texas 78711-2548. To register for the conference, please call Kate League at 512-475-4762.

Retirement Party Planned

A retirement party is being planned for Ronald Gooch on Sunday, September 11, 1994 from 2-4 p.m. at the Exposition Center in Perryton. Ronald retired from the Texas Agricultural Extension Service on August 31, after 32 years of service as County Extension Agent - Agriculture. The party is being planned to allow friends in the community and area to show their appreciation to him for his many years of service in Harrison, Donley and Ochiltree County.

Friends are invited to come and enjoy the fellowship. Donations to a money tree may be made in advance at the Ochiltree County Extension Office or may be added as you attend. For more information Contact the County Extension Office at 806-435-3831.



In an emergency, help isn't on the way unless someone calls. So before you press on their chest, breathe in their mouth or even check their pulse, call 9-1-1 or your local emergency number.

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LIBRARIAN, Mary Green, relates history of pinata to Texas Reading Club members.

Your destiny is not that which you will do, but that which you have done. Your future lies behind you, in your past. —E. F. Benson

"God Saw You"

God saw you getting tired and a cure was not to be, so he put his arms around you and whispered, "Come to Me." With tearful eyes we watched you, and saw you pass away, and though we love you dearly, we could not make you stay. A golden heart stopped beating, hard working hands were put to rest. God broke our hearts to prove to us... He only takes the best.

A special thanks to all those who sent flowers, food, cards, and memorials, those who came to visit and those of you who showed mom and us so much love during her illness and death.

A very special thanks to the Calvary Baptist Church, Rebecca Lodge, Assembly of God Church, Senior Citizens, Robbie Seale and Dan Hall. Without you good people we would not have made it through this.

- Don Johnson family
- Jerry Johnson family
- Troy Jones family
- Frankie McKinney family
- Don Boozer family
- Ricky Cannon family
- Frank Hommel family
- Mike Ritchie family



FRIENDS OF THE LIBRARY SPONSOR CHRISTMAS CARD FUND!

This year you have the opportunity to send Christmas greetings to your local friends, save on postage, become a star, AND HELP YOUR LIBRARY -- all in one easy step!

HERE'S HOW IT WORKS:

When you make a donation to the Friends' Christmas Card fund your star will be placed on the Christmas tree poster displayed in the Library and your name will appear on a special holiday greeting in the Clarendon Press wishing all your local friends the happiest of holidays.

(Just think: no cards to buy, no addressing, no postage to pay-- AND a tax deduction to boot!)

The Library staff is now receiving donations. Why not make yours early and eliminate some of the last minute Christmas rush?

Check It Out

by Mary Beth Nelson

How about a trip down memory lane? Pictures of Lelia Lake Seniors which date back to 1928 are on display at Burton Memorial Library now. If you haven't seen them lately, you'll find them in a prominent place in the library.

Over 100 children enjoyed another successful Texas Summer Reading Club this year. The pictures which you'll find in this paper are only a sample of the many interesting activities which were offered. Burton Memorial Library, once again, expresses appreciation to those who provided storytelling and craft supervision each week to encourage wholesome entertainment for your children.

Just a reminder of the library's Christmas Card Fund in which many are already expressing interest. Aside from the practical thought of eliminating some of the last minute Christmas rush, have you thought what a really nice idea it is to be able to send a Christmas message, not only to your close friends, but to many community citizens at the same time? It should be fun, too, for all of us to read a collection of special greetings meant especially for us in *The Clarendon News*. Your donation to the fund will help benefit library services to the community, making you a recipient of your own donation. Neat, huh? There might be more "Christmas Spirit" involved in this than any of us realize. Why don't we all participate? Librarians, Mary Linn and Mary, can provide more details concerning the Fund. It's not too early to do it now. Why not check it out?

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numerous cell sites to provide quality coverage for a much smaller population. So providing great cellular service at a fair price become a real issue. We're proud of what Dobson has accomplished in four years.

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Dobson's commitment to its customers also include six local stores located throughout the market area. Each store employs sales people and factory certified technicians to provide maintenance and service.

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"These agents make up the Dobson service network," Dobson said. "They participate in an ongoing training process, so they know the latest in cellular equipment and new technology-- and they bring that knowledge to our customers."

Good service is backed up with 24-hour a day, seven-days-a-week monitoring. Dobson's online, state-of-the-art watchdog system alerts technicians when a problem arises. The system's immediate response capability ensures customers of quality service.

"Dobson Cellular shares the Dobson Communications' dedication to rural telecommunications service. We are in this area to stay, and we have invested in the best equipment, people, and systems-- so we have the capacity to handle heavy call loads today and well into the future."

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For more than 50 years, Dobson has been committed to providing customers with superior telecommunications technology and the highest quality service at an affordable price.

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